

# The American Lung Association's Freedom From Smoking Program at Long Beach Memorial

The MemorialCare Todd Cancer Institute and the Respiratory Program at Long Beach Memorial is pleased to offer the American Lung Association's Program "Freedom From Smoking."

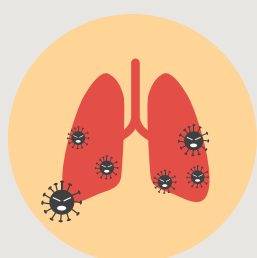
"Freedom From Smoking" includes eight group-style meetings and features a step-by-step plan to help tobacco users gain control over their behavior and quit smoking. Each meeting will be facilitated by a Respiratory Therapist and an Oncology Nurse Practitioner.



Tobacco smoke is a toxic mix of more than

**7,000**  
**CHEMICALS**

and many are poisons.  
At least **70** are known  
to cause cancer  
in people or animals.



**1 in 5**  
**DIE EACH YEAR**  
from tobacco smoke.



Life expectancy for  
lifetime smokers is at least

**10**  
**YEARS SHORTER**  
than for non-smokers.



Tobacco use is the

**#1**  
**PREVENTABLE**  
cause of death in the  
United States.

- **The 7-week program begins on Monday, Jan. 4, 2016.** The meeting dates are Jan. 4, Jan. 11, Jan. 18, Jan. 25, Jan. 27, Feb. 1, Feb. 8 and Feb. 15.
- Meetings will be held in the **Treatment Planning Room** on the third floor of the Todd Cancer Pavilion from 5:30 – 7 p.m.
- Cost to participate is \$75 for all eight meetings and that includes parking and a program workbook (the cost of future programs is subject to change).

To register, call 800-MEMORIAL. Must pre-register by **Tuesday, Dec. 29.**

For general information, visit us at [MemorialCare.org/LungNoduleCenter](http://MemorialCare.org/LungNoduleCenter).



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